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AUTHOR Reder, Alan; Catalfo, Phil; Hamilton, Stephanie Renfrow
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ABSTRACT

Featuring profiles of families involved in a variety of progressive parenting approaches, this guide integrates the physical, mental, spiritual and social tasks of childrearing to present a holistic approach to parenting and family life. The chapters are: (1) "The Whole Parenting Approach to Family Life"; (2) "A Healthy Start: Conscious Pregnancy, Birth, and Infancy"; (3) "Beginning the Weave: Raising Children with Holistic Family Values"; (4) "Family Wellness"; (5) "Holistic Family Diet"; (6) "The Learning Family"; (7) "The Artful Family"; (8) "Fields of Play"; (9) "Greening Your Family"; (10) "A Sense of Community"; (11) "Family Means"; and (12) "Family Spirituality." Each chapter includes a topical list of resources. (HTH)

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